

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application. Please amend the following claims as indicated in the Listing of Claims.

**Listing of Claims:**

1. (Currently Amended) A composition ~~for treating a condition associated with a hormonal change comprising~~ consisting of calcium, vitamin D, folic acid ~~in an amount between about 0.8 mg and 5 mg,~~ vitamin B12 and vitamin B6.
2. (Previously Presented) The composition of claim 1, wherein the calcium is in an amount less than 800 mg.
3. (Previously Presented) The composition of claim 1, wherein the calcium is in an amount between about 200 mg and 800 mg.
4. (Previously Presented) The composition of claim 1, wherein the vitamin D is a vitamin D3 and in an amount less than 800 IU.
5. (Previously Presented) The composition of claim 1, wherein the vitamin D is a vitamin D3 and in an amount between about 300 IU and 500 IU.
6. (Cancelled).
7. (Previously Presented) The composition of claim 1, wherein the vitamin B12 is a hydroxocobalamin.
8. (Previously Presented) The composition of claim 7, wherein the hydroxocobalamin is in an amount of between about 300 mcg and 2000 mcg.

9. (Previously Presented) The composition of claim 7, wherein the hydroxocobalamin is in an amount of between about 300 mcg and 1200 mcg.

10. (Previously Presented) The composition of claim 1, wherein the vitamin B6 is in an amount of between about 10 mg and 100 mg.

11. (Currently Amended) The composition of claim 1, wherein the calcium is in an amount between about 200 mg and 800 mg, vitamin D is in an amount between about 300 IU and 500 IU, folic acid is in an amount between about 0.8 mg and 5 mg, vitamin B12 is in an amount of between about 300 mcg and 1200 mcg, and vitamin B6 is in an amount of between about 10 mg and 100 mg.

12. (Previously Presented) The composition of claim 1, wherein the calcium is in an amount of about 400 mg, vitamin D is in an amount of about 400 IU, folic acid is in an amount of about 1.6 mg, vitamin B12 is hydroxocobalamin in an amount of about 500 mcg, and vitamin B6 is in an amount of about 25 mg.

13. (Cancelled).

14. (Cancelled).

15. (Currently Amended) A method of treating a condition associated with a hormonal change in an individual comprising administering to the individual an effective amount of a ~~vitamin~~ composition ~~comprising~~ consisting of calcium, vitamin D, folic acid ~~in an amount between about 0.8 mg and 5 mg~~, vitamin B12 and vitamin B6.

16. (Previously Presented) The method of claim 15, wherein the vitamin B12 is a hydroxocobalamin.

17. (Previously Presented) The method of claim 15, wherein the vitamin D is a vitamin D3.

18. (Currently Amended) The method of claim 15, wherein the calcium is in an amount between about 200 mg and 800 mg, vitamin D is in an amount between about 300 IU and 500 IU, folic acid is in an amount between about 0.8 mg and 5 mg, vitamin B12 is in an amount of between about 300 mcg and 1200 mcg, and vitamin B6 is in an amount of between about 10 mg and 100 mg.

19. (Previously Presented) The method of claim 15, wherein calcium is in an amount of about 400 mg, vitamin D is in an amount of about 400 IU, folic acid is in an amount of about 1.6 mg, vitamin B12 is a hydroxocobalamin in an amount of about 500 mcg, and vitamin B6 is in an amount of about 25 mg.

20. (Cancelled).

21. (Cancelled).

22. (Previously Presented) The method of claim 15, wherein the hormonal change is caused by menopause, smoking, hysterectomy, ovariectomy or cancer chemotherapy, or treatment of the individual with an estrogen, an androgen, an estrogen-androgen combination, an estrogen-progesterone combination, a steroid or a drug that affects the reproductive system.

23. (Currently Amended) ~~A composition for treating a condition associated with a hormonal change comprising~~ consisting of calcium, vitamin D, folic acid ~~in an amount between about 0.8mg and 5mg~~, hydroxocobalamin and vitamin B6.

24. (Currently Amended) A method of treating a condition associated with a hormonal change in an individual comprising administering to the individual an

effective amount of a ~~vitamin composition comprising~~ consisting of calcium, vitamin D, folic acid ~~in an amount between about 0.8mg and 5mg~~, hydroxocobalamin and vitamin B6.

25. (Currently Amended) A ~~The composition of claim 23, wherein the for treating a condition associated with a hormonal change comprising calcium, vitamin D, folic acid, hydroxocobalamin is in an amount between about 300 mcg and 2000 mcg, and vitamin B6.~~

26. (Currently Amended) The composition of claim 25, wherein the hydroxocobalamin is an amount of about 500 mcg.

27. (Currently Amended) A ~~The composition for treating a condition associated with a hormonal change comprising~~ of claim 25, wherein the ~~calcium, vitamin D, folic acid is in an amount between about 0.8 mg and 5 mg, hydroxocobalamin in an amount between about 300 mcg and 2000 mcg, and vitamin B6.~~

28. (Previously Presented) The composition of claim 27, wherein the hydroxocobalamin is an amount between about 300 mcg and 1200 mcg.

29. (Previously Presented) The composition of claim 27, wherein the hydroxocobalamin is an amount of about 500 mcg.

30. (Currently Amended) A method of claim 24, wherein the ~~treating a condition associated with a hormonal change in an individual comprising administering to the individual an effective amount of a vitamin composition comprising consists of~~ calcium, vitamin D, folic acid, hydroxocobalamin is in an amount of between about 300 mcg and 1200 mcg, and vitamin B6.

31. (Previously Presented) The composition of claim 7, wherein the hydroxocobalamin is in an amount of about 500 mcg.
32. (Cancelled).
33. (Currently Amended) The method of claim 30, wherein the hydroxocobalamin is in an amount of about 500 mcg.
34. (New) The composition of claim 1, wherein the folic acid is in an amount between about 0.8 mg and 5 mg.
35. (New) A composition consisting of calcium, vitamin D, folic, vitamin B12, vitamin B6 and vitamin C.
36. (New) A composition consisting of calcium, vitamin D, folic, vitamin B12, vitamin B6 and iron.
37. (New) A composition consisting of calcium, vitamin D, folic, vitamin B12, vitamin B6, vitamin C and iron.
38. (New) The composition of claim 35, wherein the vitamin B12 is hydroxocobalamin.
39. (New) The composition of claim 36, wherein the vitamin B12 is hydroxocobalamin.
40. (New) The composition of claim 37, wherein the vitamin B12 is hydroxocobalamin.

41. (New) A method of treating a condition associated with a hormonal change in an individual comprising administering to the individual an effective amount of the composition of claim 35.

42. (New) A method of treating a condition associated with a hormonal change in an individual comprising administering to the individual an effective amount of the composition of claim 36.

43. (New) A method of treating a condition associated with a hormonal change in an individual comprising administering to the individual an effective amount of the composition of claim 37.